## Clay County Health Department "Bee Healthy" Monthly Calendar DECEMBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUNDAT	MONDAT 6	TUESDAT 7	WEDIVESDAT   1   Eat a serving of fruit   Eat a serving of vegetable   Drink 2 glasses of Water*   Exercise 15 minutes   No "soda" today   No "candy" today   Brushed my teeth twice   8 hours of sleep   8	☐ Eat a serving of fruit ☐ Eat a serving of vegetable ☐ Drink 2 glasses of Water* ☐ Exercise 15 minutes ☐ No "soda" today ☐ No "candy" today ☐ Brushed my teeth twice ☐ 8 hours of sleep	Brushed my teeth twice  8 hours of sleep	SATURDAT   4   Eat a serving of fruit   Eat a serving of vegetable   Drink 2 glasses of Water*   Exercise 15 minutes   No "soda" today   No "candy" today   Brushed my teeth twice   8 hours of sleep
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Name:		Grade:	Age:	Teache	r:	

Weight:	School	* no flavored water